

Frequently asked questions : **Begin keeping the surgical sites open tonight. You do not need to wear gloves or wake your infant up during the night.**

1. Gently finger massage both surgical sites at every nursing session.

2. How often do we need to fully open & separate the surgical sites under the tongue and lip

a. At least **2-3 times a day for 10 to 14 days**

b. Opening the surgical areas can be completed before you breastfeed, after nursing on one breast and before nursing on the other breast or after breastfeeding.

3. How hard do we push ?

a. Use enough force to make sure the areas remain open and the surgical areas do not heal together. If you see a red line in the healing area, you are not opening the surgical areas adequately. A red line means the area is healing together. **Just pushing on the lateral areas of the tongue is not adequate, you must open the surgical areas. There is no need to cause your baby to choke.**

4. How long do I push or pull the surgical sites each time we open the area ([review videos at KIDDSTEETH.COM](http://review.videos.at.kiddsteeth.com))

a. Long enough to make sure the entire diamond is opened up. Usually **5-10 seconds**.

5. It is not uncommon for the upper lip to swell slightly after the lip-tie is revised. If this occurs you can place a cold compress on the outside of the upper lip. Do not place ice directly on the lip. This should gradually disappear after a few days. It is not a sign of an infection!

6. If your infant has any post surgery bleeding, it is not an emergency. Place a regular teabag on the area for three to five minutes. Herbal tea does not work.

7. Please keep in contact the **day after surgery and for a few days post surgery** with Dr. Kotlow. You can call the office 518-489-2571 during regular business hours or the cell phone number after hours. Please send an email to [KIDDSTEETH@AOL.COM](mailto:KIDDSTEETH@AOL.COM) or send a text message to Dr. Kotlow's cell phone **518 369-7075**. Dr. Kotlow will respond as soon as possible.

8. If your infant appears to have **excessive drooling**, this **is normal** after surgery due to your infant's increased tongue mobility, which will stimulate salivary flow.

9. If your infant **cries about three hours after surgery, it is normal**. This may occur when the anesthetic effects of the laser wear off. You can use an infant pain medication if desired. **If your infant fails to latch on immediately and initially refuses the breast or bottle, you can feed your baby using a small eye-dropper.**

10. When should we see improvements in breastfeeding?

a. Many infants will show an improved latch on the breast immediately after surgery, however in **some instances this may take as long as a week**. If you see immediate improvement and then a week or so discomfort returns, you may have allowed the surgical sites to heal together and the sites may need to be retreated by Dr. Kotlow. **In many instances, you will not experience full improvement unless you have scheduled follow-up care with cranial-sacral therapy.**

b. Some newborn infants may take a few days to develop a good latch on, as they begin to gain strength.

c. **You cannot make the surgical sites bigger or cause any damage when you stretch either the lip or tongue revisions.**

d. The white area which develop within the surgical site is normal, this is not an infection. Lasers are bactericidal.

**11. After revision of the lip-tie, you may also assist in improving the latch by pulling up the upper lip outward when your infant first starts to latch-on.**

12. After surgery it is important to see your Lactation Consultant IBCLC, and a specialist in infant Cranial-Sacral therapy

\*\*\*\*\*It is not often, but for a variety of reasons, EITHER THE LIP OR TONGUE AREA MAY NEED TO BE REDONE DUE TO REGROWTH OR ATTACHMENT DURING THE HEALING PROCESS. If there is such as need to redo the surgery within the six months post surgery for any area

**LAWRENCE KOTLOW DDS PC**

*Breastfeeding is a basic health issue*



Thank you for the having confidence in my office and staff to provide your infant's oral health care today. It is extremely important for you to recognize the importance of following all the post-surgery exercises to make sure the final results are successful.

1. Hyland's Teething gel can be applied to the surgical site as needed after surgery.
2. Tylenol or Motrin type medications can be give every four hours if need, the usual amount would be ¼ of the dosage recommended for a two year old.
3. After today's surgery: consult with your Lactation Consultant (IBCLC) and in many cases see a person knowledgeable in Cranial-Sacral therapy on infants, such as a pediatric chiropractor, C-S therapist or osteopath who can aid in restoring full oral function and mobility

#### Facial massaging post surgery to relax facial muscles

Facial massage, as often as you want, using your fingers will also often help relax and aid your infant in learning a new sucking method. Your finger should feel pressure at the fingernail, not the knuckle during sucking.



# Daily Stretching exercises

## The tongue-tie

**Stretching exercises:** This is the most important part of your infant's successful healing after I complete the surgical procedure. Failure to follow these stretching methods may lead to reattachment and the need for additional office visits and redoing the surgery if the area heals back together. Use enough force to make sure the area does not close. Begin this tonight and continue for at least 10-14 days.

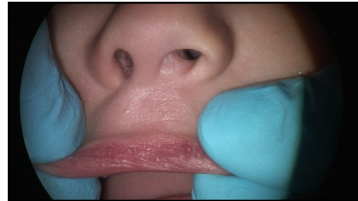


Place your index fingers on each side of the tongue and forcefully open the diamond shaped area. You need to use sufficient gentle force to totally reopen the surgical site to prevent the reattachment. Gently push or pull downward towards the infant's throat. Some bleeding may occur and this is not a concern.



This is often easier for parents. Reopen the surgical area by placing a tongue blade above the area and push the lower jaw down and the underside of the tongue backward and upward using sufficient force to open the entire surgical area.

## The upper lip-tie



Grasping the upper lip with two hands, gently pull the upper lip upward until it touches the infant's nose using enough force to open the entire surgical site and prevent the lip from becoming tied again



### Pulling lip upward until you touch the nose

The correct way to do stretching is with your infant's head in your lap facing the same direction as your head.



## Post surgery appearance of the surgical areas



White appearing diamonds are the normal appearance 24 to 48 hours after surgery. The white color is not any type of infection.

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